

Peanut Butter & Pretzel Truffles

Makes: 20 Servings (Serving Size: 1 truffle)

INGREDIENTS (Key: T = Tablespoon, t = teaspoon, oz = ounce)

½ cup crunchy natural peanut butter

¼ cup finely chopped salted pretzels

½ cup milk chocolate chips, melted

DIRECTIONS

1. Combine peanut butter and pretzels in a small bowl. Chill in the freezer until firm, about 15 minutes.
2. Roll the peanut butter mixture into 20 balls (about 1 teaspoon each). Place on a baking sheet lined with parchment or wax paper and freeze until very firm, about 1 hour.
3. Roll the frozen balls in melted chocolate*
4. Refrigerate until the chocolate is set, about 30 minutes.

*To melt chocolate: microwave on medium for one minute. Stir, then continue microwaving on medium, stirring every 20 seconds until melted.

NUTRITION INFORMATION (for each serving)

Calories: 64

Fat: 4 grams

Saturated fat: 1 gram

Cholesterol: 3 milligrams

Total Carbohydrates: 5 grams

Fiber: 1 gram

Sodium: 53 milligrams

Protein: 2 grams

Source:

“Peanut Butter & Pretzel Truffles.” Eating Well. Available at:

<http://www.eatingwell.com/recipe/250001/peanut-butter-pretzel-truffles/>. Accessed December 29, 2016.